

# FALL 2017

# Main Pool & Spa

## MAIN POOL & SPA SCHEDULE

Effective September 18 – November 3, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	5:30 – 7 a.m. Lap Swim (7 lanes) KCST Practice	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 7 a.m. Lap Swim (7 lanes) KCST Practice	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	7 – 8 a.m. Lap Swim (8 lanes)	11 a.m. – Noon Lap Swim (8 lanes)
	7 – 8 a.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	7 – 8 a.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 9 a.m. Lap Swim (4 lanes) Water Workout	Noon – 4 p.m. Lap Swim (2 lanes) Open Swim
	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	11 a.m. – 1 p.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	11 a.m. – 1 p.m. Lap Swim (8 lanes)	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool & Home School Swim	9 a.m. – 1 p.m. Swim Lessons (No Lap Lanes)	4 – 5 p.m. Water Workout (No Lap Lanes)
	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool & Home School Swim	11 a.m. – Noon Lap Swim (3 lanes) Water Workout	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool & Home School Swim	11 a.m. – Noon Lap Swim (3 lanes) Water Workout	Noon – 1 p.m. Lap Swim (8 lanes)	1 – 2 p.m. Lap Swim (8 lanes)	
	Noon – 1 p.m. Lap Swim (8 lanes)	1 – 2 p.m. Lap Swim (3 lanes) Water Workout	1 – 2 p.m. Lap Swim (8 lanes)	1 – 2 p.m. Lap Swim (3 lanes) Water Workout	1 – 3:45 p.m. POOL CLOSED	2 – 5:45 p.m. Lap Swim (2 lanes) Open Swim	
	1 – 3:45 p.m. POOL CLOSED	2 – 3:45 p.m. POOL CLOSED	1 – 3:45 p.m. POOL CLOSED	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	
	3:45 – 5:30 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5:30 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Programs in Session (No Lap Lanes)	5 – 7 p.m. Lap Swim (1 lane) KCST Practice		
	5:30 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	5:30 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice			
	7:30 – 8 p.m. Lap Swim (1 lane) KCST Practice	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice	7:30 – 8 p.m. Lap Swim (1 lane) KCST Practice	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice			
Spa	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice		8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice				
	5:30 a.m. – 1 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 2 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 1 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 2 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 1 p.m. 3:45 – 7 p.m.	7 a.m. – 5:45 p.m. **KRC closes at 6 p.m.	11 a.m. – 5 p.m.

\*The Spa Area may close at times for spot cleaning. Kettering City Swim Team practices will be held in one lane on Mondays and Wednesdays from 5:30 to 7 a.m. for the Fall and Winter seasons.

**October 25, 30 & November 1:** Open Swim canceled due to Fairmont Swim Team stroke clinics. The Spa area WILL be open during this time.

**November 3, 4 & 5:** Pool closes at 1 p.m. on Friday; Closed all day on Saturday and Sunday for a Kettering City Swim Team swim meet. The Spa area WILL be available during this time. Please visit [playkettering.org](http://playkettering.org) for the Spa area schedule.

**November 6:** Fairmont Swim Team practices begin on Monday, Wednesday and Friday afternoons for the remainder of the season. The Spa area WILL be open during this time.

# DROP-IN WATER EXERCISE CLASS SCHEDULE

Effective September 18 through December 17, 2017

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 – 8:55 a.m.	Shallow		Shallow		Shallow		
	Deep	Deep	Deep	Deep	Deep	Deep	
9 – 9:55 a.m.	Shallow	Shallow	Shallow	Shallow	Shallow		
	Deep	Deep	Deep	Deep			
10 – 10:55 a.m.					Deep		
4 – 4:55 p.m.							Aqua Nia
6:05 – 6:55 p.m.		Deep		Deep			
6:35 – 7:25 p.m.	Shallow		Shallow				
	Deep		Deep				

No classes will be held November 4, November 5, or November 23. Mondays and Wednesdays 8 a.m. Shallow and 9 a.m. Deep classes will not meet on September 25, September 27, or October 2. Sundays 4 p.m. Aqua Nia class will not meet October 8 or October 15. Wednesdays and Fridays 9 a.m. Shallow classes will not meet on November 22 or November 24. \*Please note that pool temperatures will be cooler than normal on November 6 due to a Swim Meet.

## WATER ACTIVITIES FOR FITNESS

The Kettering Recreation Complex offers a variety of fitness activities that take place in the pool. Descriptions of these activities follow. We offer two types of fitness classes in the water; drop-in and registered classes. The drop-in class schedule will be published every season and is available at any check in desk and on the City of Kettering website. You can pay a daily drop-in fee or purchase a pass. Registered classes are also available per season. See descriptions for specific dates on water fitness classes. Registered classes will be cancelled three business days in advance if minimum enrollment is not met.

- DEEP WATER WORKOUT
- SHALLOW WATER WORKOUT
- LAP SWIMMING
- FIT SWIM / AQUA JOGGING / AQUA WALKING
- AQUA NIA TECHNIQUE (AQUA NIA)

## SWIMMING FEES

Res.	Non-Res.	Res.	Non-Res.
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**DAILY ADMISSION**—All ages welcome! (Must be able to swim laps on your own for Lap Swimming.)

2 and under	\$1	\$2	
Youth (ages 3 – 17)	\$4	\$8	
Adult	\$4.50	\$9	

### DROP-IN WATER WORKOUT

Youth (16 – 17)	\$4.25	\$8.50	
Adult	\$5	\$10	

**RESIDENT CARD**—Valid for two years from the date of purchase. To receive the resident rate, Kettering residents or persons working in Kettering must produce identification. Having a resident card made in advance will speed these processes.

Youth (ages 3 – 17)	FREE		
Adult (ages 18 +)	FREE		

**COMBINATION PUNCH PASS (12 visits)**—Valid for two years from date of purchase. This pass includes admission to any drop-in activity at the Kettering Recreation Complex and Kettering Fitness & Wellness Center.

Youth	\$40	\$80	
Adult	\$50	\$100	

**SEASONAL SWIM PASS**—Valid September 18, 2017 through May 20, 2018; includes water workout classes.

Youth	\$67	\$100	
Adult	\$87	\$130	
Family (2 adults, 4 youth)	\$225	\$338	

**ANNUAL POOL PASS**—Valid for one year from date of purchase; includes water workout classes.

Youth (ages 3 – 17)	\$110	\$165	\$11.17	\$15.75
Adult (ages 18 +)	\$140	\$210	\$13.67	\$19.50
Family (2 adults, 4 youth)	\$420	\$630	\$37	\$54.50

## SPECIAL POOL HOURS 2017

Sept. 4	<b>Labor Day:</b> Last day to enjoy Adventure Reef Water Park! Lap Swim 8 to 11:45 a.m. Main Pool and Spa Area will be open from Noon to 5 p.m. for Open Swim. <b>Note:</b> Kettering Recreation Complex, Checkpoint desk and pool locker rooms and lockers <b>close at Noon on Labor Day.</b> If the water park closes early for any reason, the Main Pool and Spa Area will also close for the day.
Sept. 5 – 17	Main Pool and Spa area closed for annual maintenance and staff training.
Sept. 18	Main Pool and Spa area scheduled to re-open for the fall season.
Oct. 25, 30 & Nov. 1	Open Swim canceled due to Fairmont Swim Team Stroke Clinics. The Spa area <b>WILL</b> be open during this time.
Nov. 3, 4 & 5	Pool closes at 1 p.m. on Friday; closed all day on Saturday and Sunday for a Kettering City Swim Team meet. Spa Area <b>WILL</b> remain open during meet as regularly scheduled.
Nov. 6	Fairmont Swim Team afternoon practices begin on Mondays, Wednesdays and Fridays for the remainder of the season. The Spa area <b>WILL</b> be open during this time.
Nov. 23	<b>Thanksgiving Day:</b> Closed
Nov. 24	<b>Holiday Open Swim:</b> 2 – 5 p.m.
Dec. 1	Pool closes at 1 p.m. for a Fairmont High School swim meet. Whirl Pool and Spa area <b>WILL NOT</b> be available during this time.
Dec. 8	Pool closes at 1 p.m. for a Fairmont High School swim meet. Whirl Pool and Spa area <b>WILL NOT</b> be available during this time.
Dec. 17	Main Pool will be opening late for a Kettering City Swim Team meet. Spa area <b>WILL</b> remain open during meet as regularly scheduled.

**Note:** We will publish the Holiday schedule by December 11, 2017. Please call prior to visiting the pool due to the possibility of changes in the schedule.

The pool schedule is subject to change. Notice of changes will be posted on the website ([www.playkettering.org](http://www.playkettering.org)) as well as at the Kettering Recreation Complex. Feel free to call 296-2587 to verify the schedule.

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